

ABSTRACT

This invention provides a high-protein baked food product, comprising at least: at least 15% by weight (on a dry weight basis), based on the whole food product, of a protein component; 5 an oil and fat component and a saccharide component, wherein the high-protein baked food product is obtainable by finely grinding a first material mixture comprising a protein component, an oil and fat component, and a saccharide component, stirring 10 the mixture to prepare a creamy primary product, mixing the primary product with a secondary material mixture provided separately from the primary product and comprising at least an oil and fat component and a saccharide component, and baking the mixture. This baked food product contains protein in a high 15 concentration, is soft and has good chewability and dissolvability within the mouth.